Amendments to the Specification

At Page 17, replace the first paragraph (lines 1-12) with the following paragraph:

Figure 4. **a)** Plasma glucose (mmol/L) concentrations of the four dietary groups in response to a 2-hour intravenous glucose challenge (10%). Values for each diet group (n=12) are expressed as means± s.e. The saturated fat/amylopectin diet (Sat/AP) is significantly different from the n-3/amylopectin (N-3/AP) diet (p=0.05), while the n-3/amylose (N-3/AL) diet is significantly different from the n-3/amylopectin diet (N-3/AP) (p=0.001). **b)** Plasma insulin (ng/ml) concentrations of the four dietary groups in response to a 2-hour intravenous glucose challenge (10%). Values for each diet group (n=12) are expressed as means± s.e. The saturated fat/amylose (Sat/AL) diet is significantly different from the n-3/amylose (N-3/AL) diet (p=0.001), while the n-3/amylopectin (N-3/AP) diet is significantly different from the n-3/amylose diet (N-3/AL) (p=0.05).

At Page 19, replace the first full paragraph (line 14) with the following paragraph:

The results are shown ~~in~~ as Figures 1 to 3 and Table 2.

At Page 20, replace the first full paragraph (line 4) with the following paragraph:

The results are shown ~~in~~ as Figures 4 to 6 ~~and Table 2~~.

At Page 32, amend the specification by adding the following Abstract of the disclosure to the specification as page 33 after the claims and prior to any drawing sheets:

--ABSTRACT

A method is provided for regulating carbohydrate and fat metabolism in an individual which method comprises replacing a proportion of the individual's daily carbohydrate intake with resistant starch and a proportion of the individual's saturated fat intake with unsaturated fat. Also provided are compositions comprising resistant starch and unsaturated fats and methods for making and using the same.--

The new Abstract is attached on a separate sheet and included in the Substitute Specification that is concurrently filed in response to the Notice to File Corrected Application Papers.